COOKING WITH marijuana

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HOW TO GROW MARIJUANA
INDOORS UNDER LIGHTS
BY Murphy Stevens

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COOKING with MARIJUANA

by Evelyn Schmevelyn

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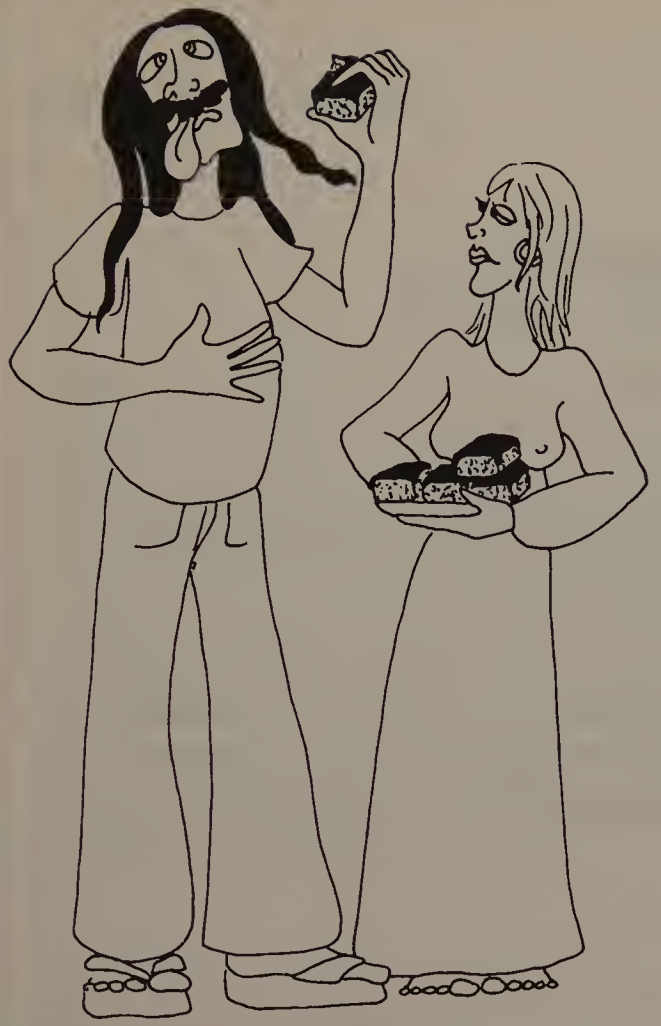
WHY EAT GRASS?

There are many good reasons for eating marijuana, both physiological and spiritual. Some people are opposed to smoking anything, narcotic or otherwise. Others are allergic to smoke of any kind and suffer fits of sneezing and coughing upon inhalation. Some, although they enjoy the pleasures of smoking, on occasion prefer the very different effects of eating the same substance. These effects are more long lasting, by the way.

Another facet to consider is that food is easier and more innocent looking on picnics and long trips. You can take it in your lunch too.



If you have ever cooked with marijuana before, you will probably never forget that awful gritty feeling between your teeth, something like gum that has been dropped at the beach, and that acrid unforgettable flavor of grass and brownie mix. There are ways of eating marijuana, however, that are nearly as enjoyable as the effects.

The following book will tell you how, should you decide to "eat it," to prepare marijuana in tasty and effective dishes; assuming of course, that marijuana some bright day should become legal.

CHAPTER 1

cleaning and preparing the weed

Before you consider trying to eat grass, it must be thoroughly cleaned. Stems and seeds must be picked out by hand or the weed run through a sieve several times. It is most important to clean the grass very, very thoroughly since the idea is to disguise the taste and texture as much as possible. The following pages will tell you a few methods of cleaning marijuana that will help you make your grass more edible.

Removal of seeds:

Take an album cover or a stiff magazine and spread your lid out at one end. Hold the album cover at about a 45 degree angle and sift through the dope with a matchbook cover or with your fingers. The seeds will drop and roll to the low end and the grass will stay near the top. You can catch the seeds on a piece of paper if you are a grower. (If you are a grower you should read HOW TO GROW MARIJUANA INDOORS UNDER LIGHTS by Murphy Stevens.)

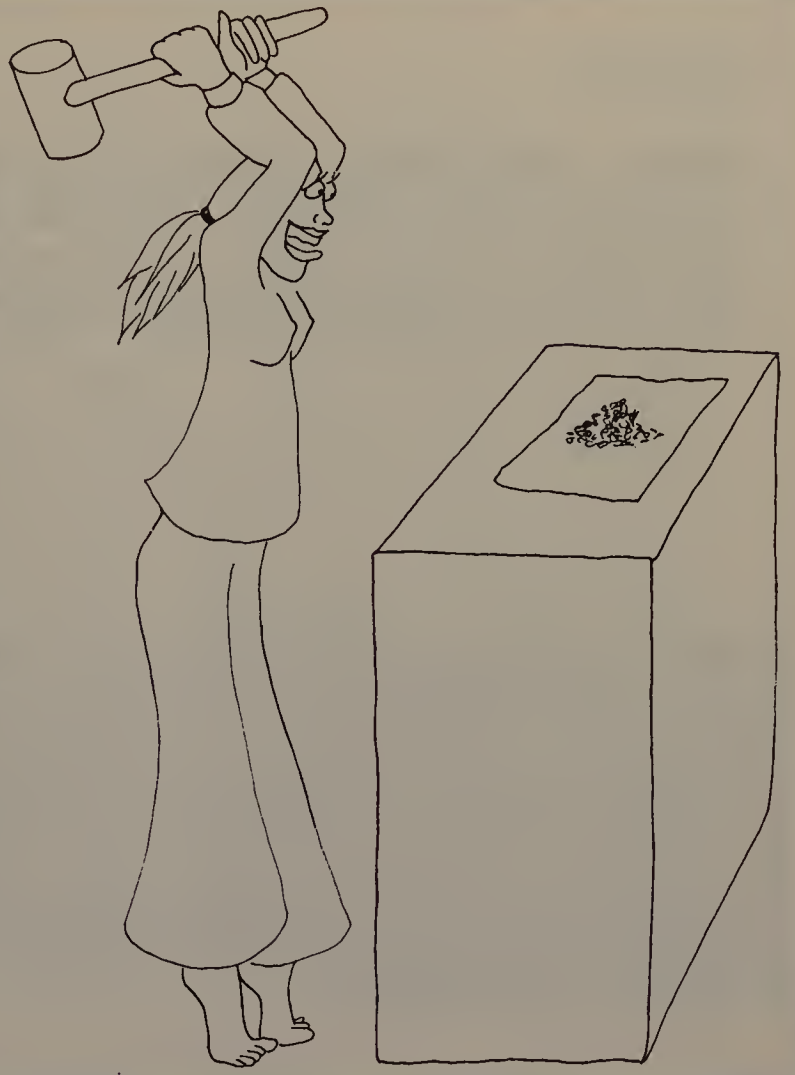
Stem picking:

There aren't any really fun ways to clean stems, especially when you have to get all those tiny little hard things out, but you will really be glad you went to all the trouble when it comes time to eat the fruit of your labors. Make everyone help, it can be fun if you have a crowd of people together--make it a party. Then of course, you have to let everyone share, but that makes for an even better party.

The blender:

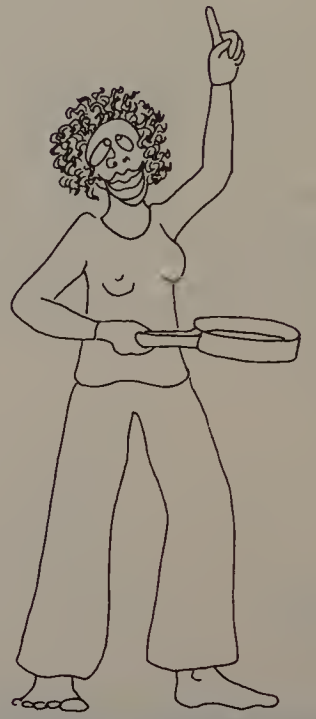
Not everyone has a blender but they really make dope cleaning more efficient. A blender can whip grass into a powder as fine as flour. It even takes care of those tiny little hard things you missed while you and your friends were having that party.

If you don't have a blender and can't borrow one, you'll have to grind your grass with a mortar and pestle or with a glass and a small bowl. A rolling pin works pretty good for crushing up the weed too. If you do have to grind your weed by hand, use a lot of muscle and try to pulverize it into as fine a powder as you can.



Fry first:

Before you add marijuana to any recipe, you should fry it in butter for a few minutes. If you want the grass crispy, like for oatmeal cookies, just fry it a little longer. Frying the weed for just a short time will soften it and make it more palatable.



Some say that grass has to be cooked in order for it to have any effect when eaten. I have had to eat a joint or two on occasion and have gotten off royally, so I guess that it's a moot point. Anyway, when cooking with grass, you will find that if you fry your weed first the food will have a much more pleasant consistency.

CHAPTER 2

QUICK AND CONVENIENT

Now to get down to cooking. The first category will be several very easy recipes that you can whip up in small amounts in no time at all. Earlier, I made a crack about brownie mix. Actually Alice B. Toklas brownies were my first introduction to edible grass, and mixes are so easy and fast they have to be mentioned under the heading of convenience. Marijuana brownies can be as tasty as they are simple. The secret is the consistency. If you have followed the cleaning, blending and frying instructions, you shouldn't have too much trouble with grit. If you want to eliminate the chance of unpleasant texture even more, you can add nuts or crispy honey-flavored wheat germ. Any goodies you want to add will help mask the grass. Chocolate chips, coconut or raisins are all good. Don't put in too much grass either. Use about one-fourth to one-half cup at the most.

COCONUT MUNCH

You can make this for one or a thousand. You just use equal parts of the following:

shredded coconut (toasted)

powdered sugar

marijuana

butter

a teaspoon of vanilla or rum flavoring for each serving

Fry the pot first in butter, then add the other ingredients and fry together until thoroughly mixed. Be careful of this, it tastes good and is easy to over do. This is best for sometime when you are really in a hurry, that way you'll only eat one batch.

SPICE TEA

2 tea bags (or 1 for each cup of tea)

2 tablespoons pot (or 1 for each serving)

¼ cup honey

2 tablespoons orange peel

1 small orange

3 cinnamon sticks

1 tablespoon cloves (the dried whole kind)

Boil four cups of water with pot for 20 minutes. Add the tea bags and spices and the orange peel. Simmer for about 10 minutes. Strain, add the honey and then pour over orange sections. For this tea you don't have to fry the weed first. You can also use the stems and seeds that you cleaned out earlier. The seeds are often coated with pollen and can be quite potent.

FAST FUDGE

2 cups semisweet chocolate

¾ cup sweetened condensed milk

1 teaspoon vanilla

¼ cup pot

Melt the chocolate over hot water. Stir in milk, vanilla and pot. Remove from heat. Turn into a buttered pan and let cool until firm. You can add nuts or shelled sunflower seeds to the mixture right after you take it from the heat.

BAKED APPLES

4 apples, cored

¼ cup chopped nuts

½ cup brown sugar

⅓ cup pot

¼ cup raisins

¼ cup water

2 tablespoons cinnamon

Mix pot, sugar and cinnamon in the blender. Add to raisins and nuts with enough water to make it hold together. Stuff into the cored apples and bake for 25 minutes in a 350 degree oven.

CHAPTER 3

QUALITY OF THE WEED

You may have already noticed that the recipes in this book call for rather small quantities of weed. This brings us to the subject of the quality of the weed. Some people only cook with marijuana that is not suitable for smoking. This is a good idea if the weed is too harsh or too damp to stay lit. If however you have been burned and are stuck with some unstrong pot, you'll not get any higher eating it than you do smoking it. If you have to smoke a great deal to get off, chances are great that you'll have to eat a lot of it too. I recommend using high grade marijuana in your recipes. You won't have to use huge quantities to achieve good results and your chances of creating a good tasting dish are much better.

Another reason you use such small amounts of grass is that in cleaning the stuff you reduce its volume by about half. The stems and seeds are the bulky part of weed and you have taken them out, so naturally the amount you have left is much smaller.

When you clean your weed, only put in the blender the grass you are going to cook with. The blender makes it much too fine to smoke.

CHAPTER 4

SOUTH OF THE BORDER

This section is devoted to several delicacies with a Mexican flavor. They are best when prepared with weed of the same origin, of course, but any good, well-cleaned grass will do.

SPANISH POT

8 to 10 slices of bacon
1 C. finely chopped onion
¼ C. finely chopped green pepper
a 1 lb. can of tomatoes
(or 6 large tomatoes, skinned)
¾ C. uncooked rice
1 teaspoon pepper
1 teaspoon salt
½ teaspoon worcestershire sauce
1 lb. lean hamburger
1 C. tomato juice
⅓ C. pot

Cook bacon until crisp, then drain off about half the fat. In the remaining fat, brown rice for a few minutes then add green pepper and onion and cook until tender. In a large sauce pan, fry hamburger and drain off grease. Add the rice and remaining ingredients. Cover and simmer for about 30 or 40 minutes. Crumble bacon and sprinkle on top and serve.

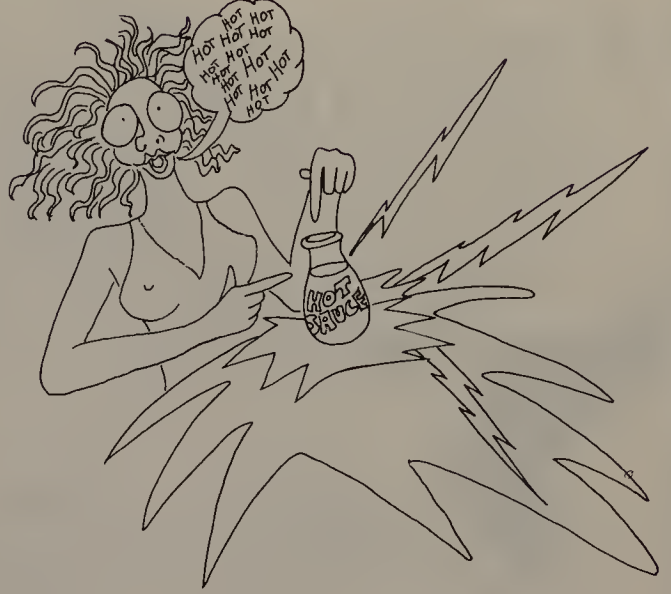
TACOS

12 tortillas
1 lb. lean hamburger
1 medium onion
a dash of garlic powder
1 teaspoon salt
½ teaspoon pepper
½ cup pot

Fry hamburger, onion, spices and pot. Drain. Fry tortillas in bacon grease until they are rubbery, then form into the shape of a taco. Fill with the hamburger mixture and bake in a hot oven for 15 minutes or until crispy brown. Serve with chopped lettuce, tomato, onion and cheese.

HOT SAUCE

You can make your own hot sauce out of very finely diced yellow chili peppers, salt, pepper, garlic salt, onions and tomato juice. Throw all of this in the blender and let stand for about an hour.



ACAPULCO AVOCADO

3 ripe avocados
3 Tbs. wine vingegar or the juice of 1 lemon
½ cup very finely diced onion
½ cup pot
2 Tbs. chili powder
1 tsp. salt

Mix vinegar or lemon juice with pot and chili powder. Smash the avocados and onions together and add the pot mixture to this. Mix well and let stand for about an hour. You can dip tortillas in this or serve with tacos or salad.

CHILI POT

Soak the beans overnight. In a large pot, simmer the beans and bacon for about one hour. Add water as needed to keep the beans covered. Add all the ingredients and simmer for another three hours. This recipe can be altered to your taste. You can add tomato juice instead of some of the water. Hamburger can be fried and added just before serving and, you might like to throw in some chopped red or green pepper.

2 lbs. pinto beans
½ clove garlic
1 lb. bacon, cut into 2-inch sections
1 large chopped onion
2 cups red wine
½ cup mushrooms
4 tablespoons chili powder
½ cup pot
salt and pepper to taste

REFRIED BEAN DIP

1 can refried beans

2 or 3 finely diced yellow chili peppers

one-half medium onion, diced

1 teaspoon chili powder

a dash of garlic powder

one-third cup pot

salt and pepper to taste

This dip is best served hot on tortillas. Add cheese and salad on top and you have a tostada.

CHAPTER 5

POT ITALIANO

Food that is very spicy and flavorful is best able to accomodate pot. Here are a few dishes that really fit the bill. I recommend the lasagna very highly: it is absolutely super with or without the pot.

LASAGNE

¼ cup oil or melted shortening
¼ cup chopped onion
1 clove garlic
2 tablespoons parsley
1 can tomato paste
1 can (12 oz.) whole tomatoes
1 teaspoon oregano
½ teaspoon dried basil leaves
2 teaspoons salt
¼ teaspoon pepper
⅛ teaspoon cayenne
¼ cup pot

The Sauce

Saute onions, add the rest of the ingredients and simmer for one and one-half hours.

The Meat Mixture

Brown 1 lb. ground beef and season with 2 tablespoons chopped onion, 1 clove garlic, 2 tablespoons parsley, one-half teaspoon oregano, one-half teaspoon basil, three-fourths tablespoons salt, a dash of pepper, 2 tablespoons parmesan cheese and add to sauce when ready to cover the noodles.

The Filling

The cheese filling is easy. You mix together a 2 lb. carton of cottage cheese (you can use ricotta if you can get it), one-half cup grated parmesan, 2 beaten eggs, 1 teaspoon salt, one-half teaspoon pepper and you've got it.

Putting it all together

Now cook the lasagna noodles until tender and line a 9" X 13" X 2" pan with some of the noodles. Cover with some of the cheese filling and smear sauce over that (be sure to add the meat mixture to the sauce). Continue with layer upon layer until you run out of noodles or sauce. Bake for 30 minutes at 375 degrees.

PIZZA POT

You can use a mix for this but don't use a frozen pizza. The more stuff you put on the pizza, the better it will be. If you really want to make one from scratch, go down to the bakery and get one of those loaves of uncooked bread. You can get it frozen, too. Flatten it out in the pizza tin and let it rise in a warm place for about 30 minutes. The sauce isn't too tough either. You just start with tomato paste and add salt, pepper, garlic, oregano, parsley, about one-fourth to one-half cup diced onion, one-fourth cup green pepper and simmer for about four hours. Or, you can go out and buy a can of pizza sauce. As for the stuff that goes on it, you have a free rein. Here are some suggestions: fresh parmesan cheese, cheddar and monterey jack or your favorite; Canadian bacon, sausage (you should cook this first and drain before you dump it on the pizza--the same goes for hamburger), pepperoni, shrimp, bacon; fresh onion, green pepper, tomatoes, mushrooms, black olives; and on and on forever.

You can get whole wheat bread dough too and that's really good. The only things to remember are: Fry up any greasy meat first and drain before you put it on the pizza--this makes a good place to hide the pot (in the meat, that is). Use about one-third cup. Put all the goodies on except the cheese and bake for 15 minutes at 375 degrees. Then take it out and pile on the cheese and bake for another 5 or 10 minutes. If you have really loaded the thing up with gloppy goodies, it will take the crust longer to get done and the cheese might get burned while you are waiting for the rest to cook.

SPAGHETTI

1 lb. lean ground beef
1 can (16 oz.) tomato juice
1 can tomato paste
1 large chopped onion
½ clove garlic, mashed
½ large green pepper, finely chopped
1- ½ teaspoons salt
½ teaspoon pepper
¼ cup pot
½ teaspoon parsley

Saute meat until it is no longer red, then add onions and green pepper. Cook until onion is tender and then drain the fat, add the pot and mix well. Add the rest of the ingredients, but only use about half the juice. Simmer for about 4 hours over low heat, stirring occasionally and adding the rest of the tomato juice as needed.

ITALIAN DRESSING

First you should start with a really good salad. Use tomatoes, lettuce, olives, diced onion and green pepper, fresh sliced mushrooms, celery, radishes, and julienne strips of cheese.

For the dressing use about a half-package of some good dry Italian dressing mix. Use wine vinegar and some fresh vegetable oil. Use about 2 tablespoons of pot (don't forget to fry it first). Shake it very well before each serving so that everyone gets some pot. After you put the dressing on your salad, sprinkle parmesan cheese over the top and grind pepper over that.

CHAPTER 6

SIDE DISHES

Here are a few delicacies you can whip up and serve along with some of the other pot dishes or along with a straight dinner. These are also good for party snacks or as hors d'oeuvres.

TOMATO SPREAD

1 small can chopped olives (green or black)
⅛ teaspoon cayenne or black pepper
⅛ teaspoon paprika
a dash of garlic powder
a dash of onion powder or dried onion soup
1 tablespoon parsley
⅛ to ¼ cup pot
1 can tomato soup
1 package cream cheese

Blend everything together until smooth. Then chill about an hour before serving with crackers or chips.

BOSTON BEAN POT

1 large can of pork and beans
½ cup molasses
a dash of hickory salt
½ cup catsup or barbecue sauce
2 or 3 large tomatoes, skinned
1 medium onion
5 slices of bacon
½ teaspoon salt
½ teaspoon pepper
½ cup of pot

Saute two of the slices of bacon with the chopped onion and spices. Add the beans and the rest of the ingredients. Bake in a 350 degree oven for 30 minutes. Top with pineapple rings and bake for another 15 minutes.

LITTLE MEATBALLS

1 lb. hamburger
¼ cup bread crumbs
¼ cup chopped onions
3 tablespoons pot
¼ cup finely diced green pepper
a dash of garlic salt
½ teaspoon salt
¼ teaspoon black pepper
1 egg, beaten
1 can cream of mushroom or cream of chicken soup

Mix all this together and form into the shape of little meatballs, brown in a frying pan and drain off the grease. Cover with a can of cream of mushroom or cream of chicken soup and bake at 350 degrees for about 20 minutes. You can serve these over rice or with toothpicks stuck in them as hors d'oeuvres.

STUFFED MUSHROOMS A LA CANNABIS

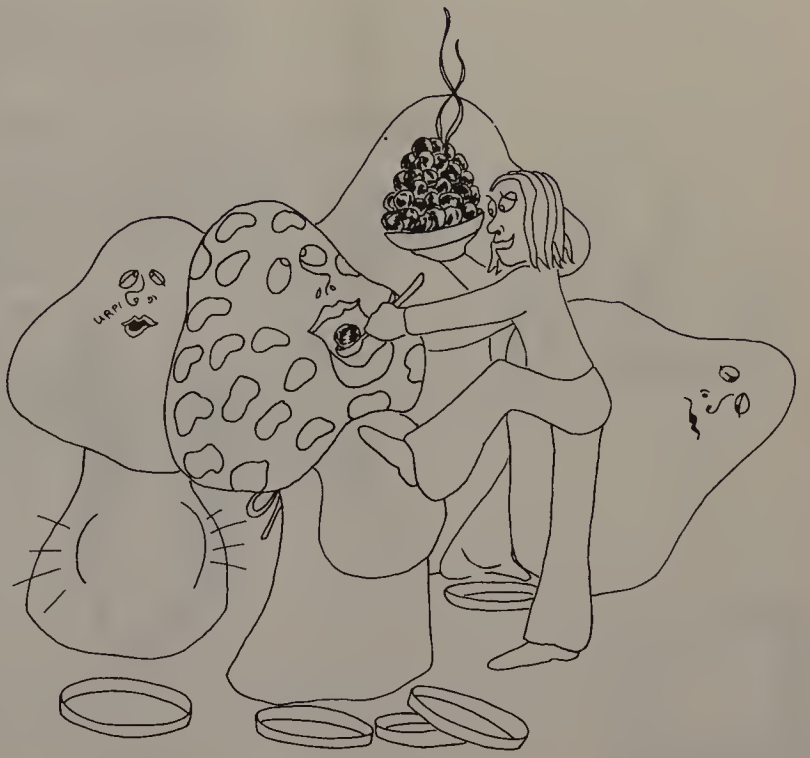
1 egg
½ lb. ground beef
¼ cup bread crumbs
1 can tiny shrimp
¼ cup chopped olives
⅓ cup grated cheese
½ teaspoon salt
½ teaspoon pepper
1 cube butter
¼ cup pot
¾ C. dry white wine
15 large 2- to 3-inch mushrooms

Melt 2 tablespoons butter in a skillet. Saute hamburger and the rest of the ingredients in the butter. Add pot and one-half cup dry white wine and simmer for 15 minutes.

While the hamburger is simmering, hollow out 15 large 2- to 3 inch mushrooms. Drain off the fat from the meat. The wine should have cooked into the mixture by now, so you should only be throwing away the excess grease. Melt another 2 tablespoons butter in another skillet and add one-fourth cup wine. Brown the tops of the mushrooms in this wine and butter. Preheat your oven to 350 degrees.

When the mushrooms are brown on top, drain about half of the juice into a casserole dish, then place the mushrooms in it, tops down. Spoon about a tablespoon of the remaining juice into each mushroom and then stuff with the meat mixture. Top this with grated cheese and cover with any juice that's left. Cover with aluminum foil and bake for about 20 minutes.

When you are picking out the mushrooms, try to go to someplace like a farmer's market or a fresh produce stand. Take only the firmest mushrooms and make sure they haven't opened up at the bottom. The caps should be attached to the stems.



HAVING FUN WITH BANANAS!

FAROUK'S DICK

6 two-inch baby cooking bananas
6 slices of bacon
2 teaspoons of powdered hashish
2 tablespoons brown sugar

I know this sounds crazy, but you wrap each banana with a slice of bacon and fry them until the bacon is crispy. Then you sprinkle with the brown sugar and hash.

BANANA BREAD

½ cup shortening
1 cup sugar
2 eggs
1 cup mashed ripe bananas
3 teaspoons lemon juice
2 cups flour
3 teaspoons baking powder
½ cup pot
½ teaspoon salt
1 cup chopped nuts

Cream shortening and sugar with a fork. Beat the eggs and add to the mixture. Mix the bananas and the lemon juice, then add to the first mixture. Sift the flour, salt and baking powder together. Now mix all the rest of the ingredients together. Grease a loaf pan and bake for 1 hour and 15 minutes at 375 degrees.

SHRIMP-BANANA CURRY

2 lbs. raw shrimp
1 medium onion, diced
6 tablespoons flour
2 teaspoons curry powder
1 ½ teaspoons sugar
¼ teaspoon ginger
2 cups milk
1 cup chicken bouillon
1 teaspoon lemon juice
½ to 1 teaspoon salt
4 medium bananas
⅓ cup pot

Cook, shell and de-vein shrimp. Melt one-third cup butter in a saucepan and saute onion until tender. Slowly blend in the flour, curry, sugar and ginger. Mix in the pot and then add liquids, stirring constantly until thickened. Add salt and lemon. Then add the shrimp and cook until the shrimp are heated. Saute bananas in butter until browned. Lay them out on top of hot rice and pour the curry over the top.

CHAPTER 8

SWEET TOOTH MUNCHIES

This chapter is devoted to that very strange phenomenon known as "The Munchies." Most of us have experienced this mad craving for some sticky, sweet, incredibly fattening goody just to find that as soon as you eat the first piece, you immediately need another and another.

The problem with food-tripping on these yummies chocked full of marijuana is that you just keep infecting yourself with the disease. Modern medicine just hasn't been able to come up with an answer to this problem and my only suggestion is that you remember that discretion is the better part of valor.

Remember, also, that it takes about an hour or so (depending on what else you have in your stomach) for the marijuana to digest its way into your system. Give it a chance before you eat another helping or you may find yourself deeply engrossed in the stitches on your saddle shoes.

UNCOOKED MARI-CHOCO BALLS

1-½cubes butter
1 box powdered sugar
1 cup crunchy peanut butter
3 cups Rice Crispies
1 cup chopped nuts
½ cup marijuana
1 large Hersey bar
1 6-oz. package of chocolate chips
½ to ¼ cake of paraffin

Cream the butter, sugar and peanut butter together and then add the Rice Crispies, nuts and pot. Roll into balls about the size of walnuts. Now melt a large Hershey bar, a 6-oz. package of chocolate chips and one-fourth to one-half cake of paraffin (this sounds terrible, but it is tasteless and it helps the chocolate adhere to the balls. If you are hung up about eating wax, leave it out and prepare yourself for a real sticky eating experience). Now dip the balls into the chocolate mixture, making sure you coat them all over. This makes about 5 dozen.

CARROT CAKE

2 cups sugar
1-½ cups oil
4 eggs
3 cups carrots, grated
½ cup nuts
1 teaspoon nuts
1 teaspoon cinnamon
½ teaspoon allspice
2 cups flour
3 teaspoons soda
½ cup pot

Combine ingredients and bake at 325 degrees for 45 minutes.

FROSTING

8-oz. cream cheese
1 cube butter
1 lb. powdered sugar
1 teaspoon vanilla

Cream ingredients together until smooth. This makes enough for two cakes. It is really good on the date cake too.

HOT DATE CAKE

1 teaspoon vanilla extract
1-⅔ cups cake flour
¼ teaspoon salt
1 teaspoon soda
⅓ cup pot

1 cup sugar

½ cup chopped nuts
1 cup chopped nuts
1-½ cups boiling water
½ cup shortening
1 egg

Cover dates with boiling water, let cool to lukewarm. Cream shortening and sugar and add the pot, egg and vanilla. Beat this up real good. Now add the dates to the blended dry ingredients and stir in the nuts and mix in with the shortening and sugar stuff. Line an 8-inch square pan with wax paper, pour in the batter and bake for about 35 minutes.

A good way to tell if a cake is done is to stick a wooden toothpick or the blade of a knife into the center. If it comes out clean the cake is done.

RUMMY BALLS

This is really good for the holiday season. They are also tasty served right out of the freezer.

½ cup evaporated milk
3 tablespoons corn syrup
⅔ cup light rum
½ cup sifted powdered sugar
1 cup finely chopped nuts
⅔ cup pot
2-½ cups Vanilla Wafer crumbs
16-oz. package of semi-sweet chocolate morsels
½ cup sifted powdered sugar (for the coating)

Stir milk, chocolate morsels and corn syrup over low heat until the chocolate melts. Remove from heat and stir in rum and one-half cup sugar. Mix until smooth. Now add the nuts and then mix in the pot and Vanilla Wafers alternately, mixing well each time. Let stand at room temperature for 30 minutes. Shape into one-half inch balls and coat each with powdered sugar. Chill for at least 1 hour.

PUMPKIN BRAID BREAD

6-¾ cups unsifted flour
1 teaspoon ground cinnamon
½ teaspoon ground cloves
2 packages active dry yeast
½ cup sugar
¼ cup butter
¾ cup pot

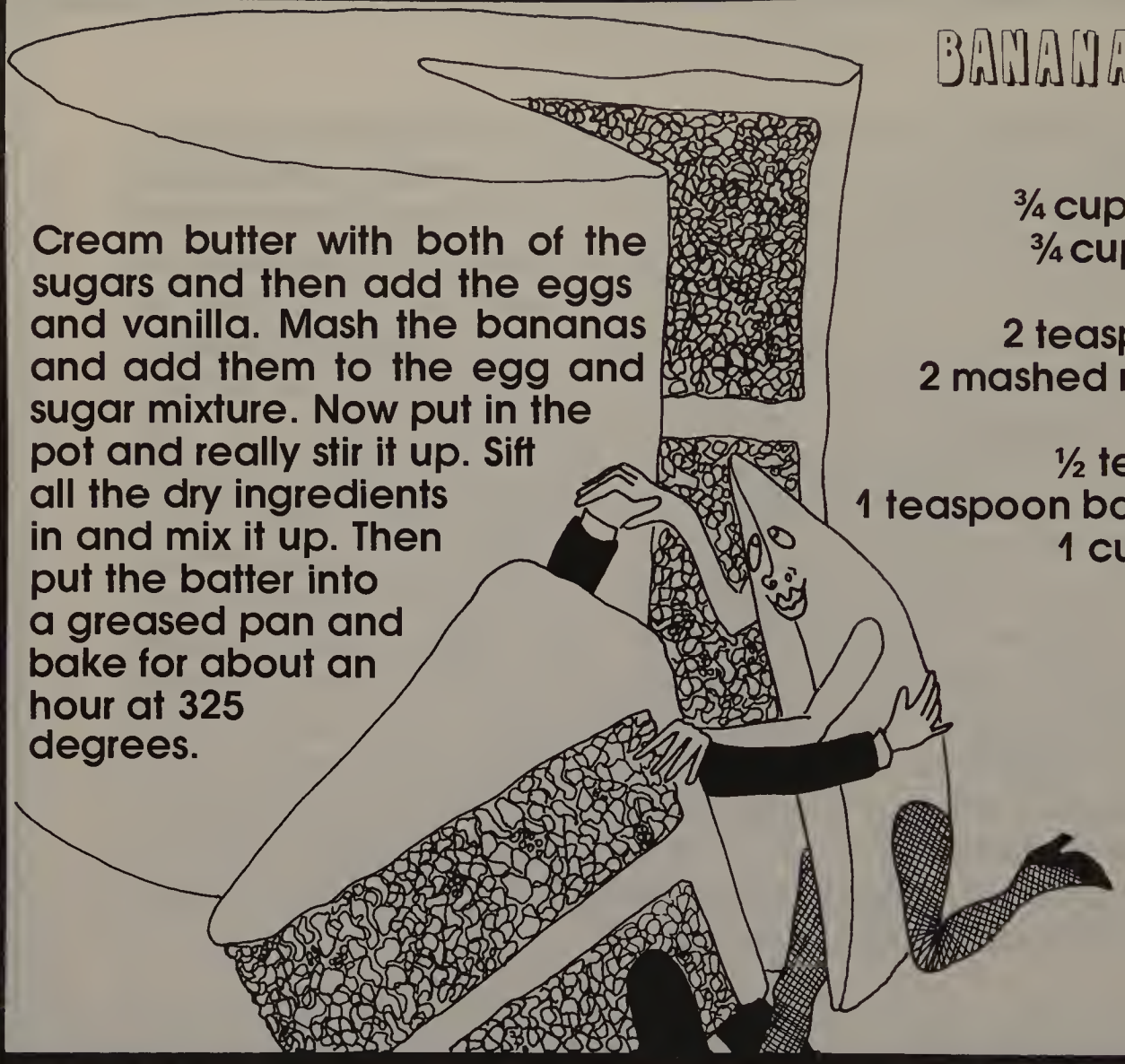
2 cups canned pumpkin
½ teaspoon allspice
½ teaspoon ground nutmeg
½ teaspoon ground ginger
½ cup water
½ cup milk
2 eggs

In a large bowl, thoroughly mix 2 cups of the flour with the sugar, salt, spices and yeast. Combine milk, water and butter in a saucepan and warm it up over low heat (the butter doesn't have to be all the way melted). Gradually add the liquid to the dry ingredients and beat for 2 minutes at medium speed. Add eggs, pumpkin, one-half cup flour (or enough to make a thick batter). Beat this at high speed for 2 minutes, scraping the bowl occasionally. Stir in the marijuana and the rest of the flour. Turn onto a lightly floured board and knead until smooth and elastic (this should take you about 10 minutes). Cover and let rise until doubled--this takes about an hour in a place that's 75 or 80 degrees (on top of the stove is a good place). Punch the dough down and divide it in half. Now divide each half into thirds and roll each third into a 16-inch long roll. Braid the three rolls together and pinch the ends to seal. Place the braids on a large greased baking sheet. Cover and let rise for another hour or until doubled in size. Bake in a 375 degree oven for about a half-hour. Cool the loaves on a wire rack. Be sure to let the bread cool before you eat it.

BANANA CAKE

½ cup butter
¾ cup brown sugar
¾ cup white sugar
2 eggs
2 teaspoons vanilla
2 mashed ripe bananas
2 cups flour
½ teaspoons salt
1 teaspoon baking powder
1 cup butter milk
½ cup pot

Cream butter with both of the sugars and then add the eggs and vanilla. Mash the bananas and add them to the egg and sugar mixture. Now put in the pot and really stir it up. Sift all the dry ingredients in and mix it up. Then put the batter into a greased pan and bake for about an hour at 325 degrees.



BAKING TIPS:

Use real butter--it really makes a difference in baking sweets.

Always let baked goods cool, especially when you are using marijuana. The flavor of the pot will be much less noticeable when the bread or cookies or whatever are allowed to cool to room temperature.

If you want to use more pot than is called for in these recipes be sure to increase the amount of liquid that you use. The grass has a tendency to soak up the liquid anyway, and if you use more you may end up with some dry crumbly substance that will be unpleasant to eat.

Sift dry ingredients together. Sift them in rather than just dumping them into the bowl and trying to mix them with a spoon. Some things are really hard to get mixed in evenly, like soda, baking powder and some finely ground spices, even salt.

Use freshly ground spices if you can get them or you can grind them yourself in a little spice grinder or a pepper mill. This really makes a difference in the flavor and also bulk spices are usually cheaper and retain their flavors longer.

Try not to leave things out, especially the first time you try a recipe. Improvising is an art in itself but try not to judge something before you try it. A good example is the paraffin in the mari-choco balls--it sounds hideous but if you leave it out the chocolate runs right off them and makes a big mess.

CHAPTER 9

SPECIALTIES of the HOUSE

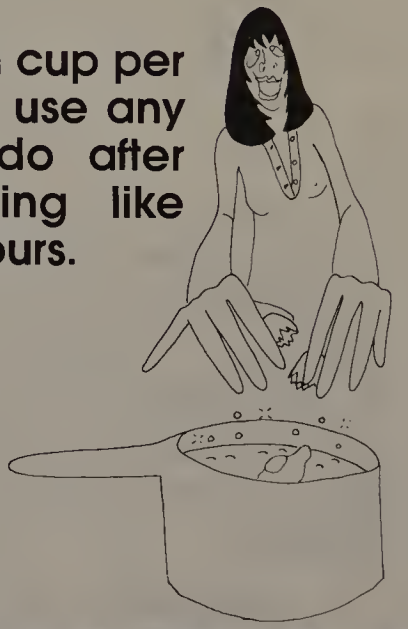
To knock our four people you need:

12 strips of bacon
4 slices of bread
butter
sour cream
mayonnaise
2 large tomatoes
16 slices of Velveeta cheese
1 large avocado, sliced
3 chopped green onions
½green pepper, chopped
½cup pot
4 eggs (poach 'em)

This is one of the specialties of Jill's house and you should try this one for certain. These "sammiches" are a kind of cross between Eggs Benedict and a B-L-T. Boy, are they GOOD!

First thing in the morning, fry 12 strips of bacon and drain 'em on paper towels. Then slice the tomatoes, avocados and cheese and chop the onions and green pepper. Now put the water on for the eggs. While you are waiting for the water to boil, slap the bread with the mayo, butter and sour cream. Salt the bread and stack it with avocado, tomato, onions and green pepper.

Sprinkle on the pot, allowing one-eighth cup per person, and top with the cheese. Don't use any more pot if you have anything to do after breakfast and don't count on feeling like cleaning up the mess for at least four hours.

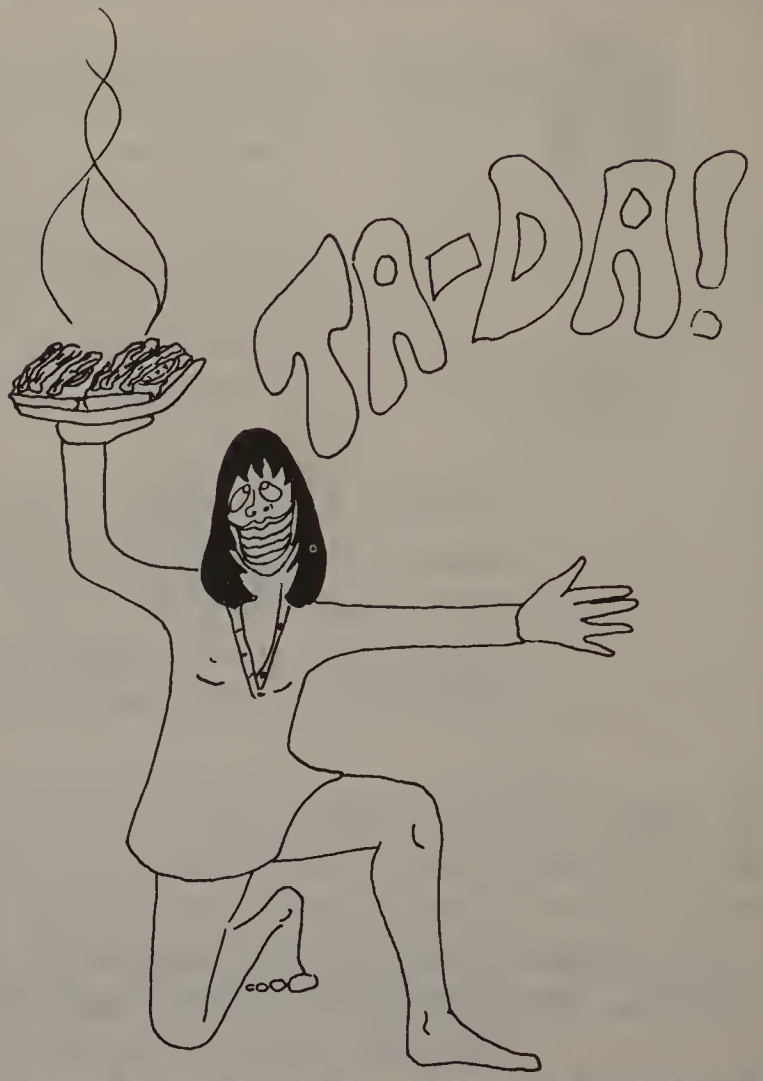


By now the water should be boiling for the eggs, so you can break them into the pan, being very careful to do it gently since eggs dropped into hot water from great heights tend to go to pieces. Turn the heat to low and cover the pan.

Now is the time to move the rack as close as it will go to the broiler and turn it on. Put the sammiches on a cookie sheet and slide them under the broiler, leaving the door open so you can watch them all the time. In a couple of minutes, when the cheese looks melted just perfectly, pull them out and put each one on it's own plate.

By now the eggs should be poached about right. Remove the eggs from the water with one of those slotted spoons or a pancake flipper so all the water drains off and plop them on top of the sammiches and top off with the bacon strips. Serve with forks, bibs, paper towels and napkins.

You are in for a treat!



CHICKEN TAHITIAN

This dish is one you might want to try for some intimate little candle light dinner for two or three. If you want to serve it for more, just increase the amounts accordingly.

1 20-oz. can of pineapple chunks (drain and save ¾ cup juice)
½ cup butter
¼ cup pot
1 envelope dry onion soup
1 tablespoon corn starch
3 tablespoons lime juice
3 whole chicken breasts

Split, bone, roll and secure the chicken breasts with toothpicks. Preheat the oven to 350 degrees. In a small saucepan, melt the butter and add the pot and onion soup. Now slowly add the cornstarch and pineapple juice. Arrange the chicken and pineapple chunks in a 2-quart glass baking dish and pour the onion mixture over the chicken. Bake for 45 minutes. To test to see how well done the chicken is, jab it with a fork. It should be very tender and kind of falling apart.

HEAVENLY HAMBURGER DELIGHT

This is another one of my friend Jill's famous specialties. It is sort of like lasagne and sort of like stroganoff. She hates the name of it, but you could call it Dog Shit Pie and it would still be delicious.

1 lb. ground beef
1 medium onion

2 8-oz. cans tomato sauce
1 teaspoon salt
1 teaspoon sugar
¼ teaspoon garlic salt
¼ teaspoon pepper
⅓ cup pot

1 box egg noodles

¼ cup sliced green onions
¼ cup sour cream
1 cup creamed cottage cheese
1 8-oz. package cream cheese
¼ cup chopped green peppers

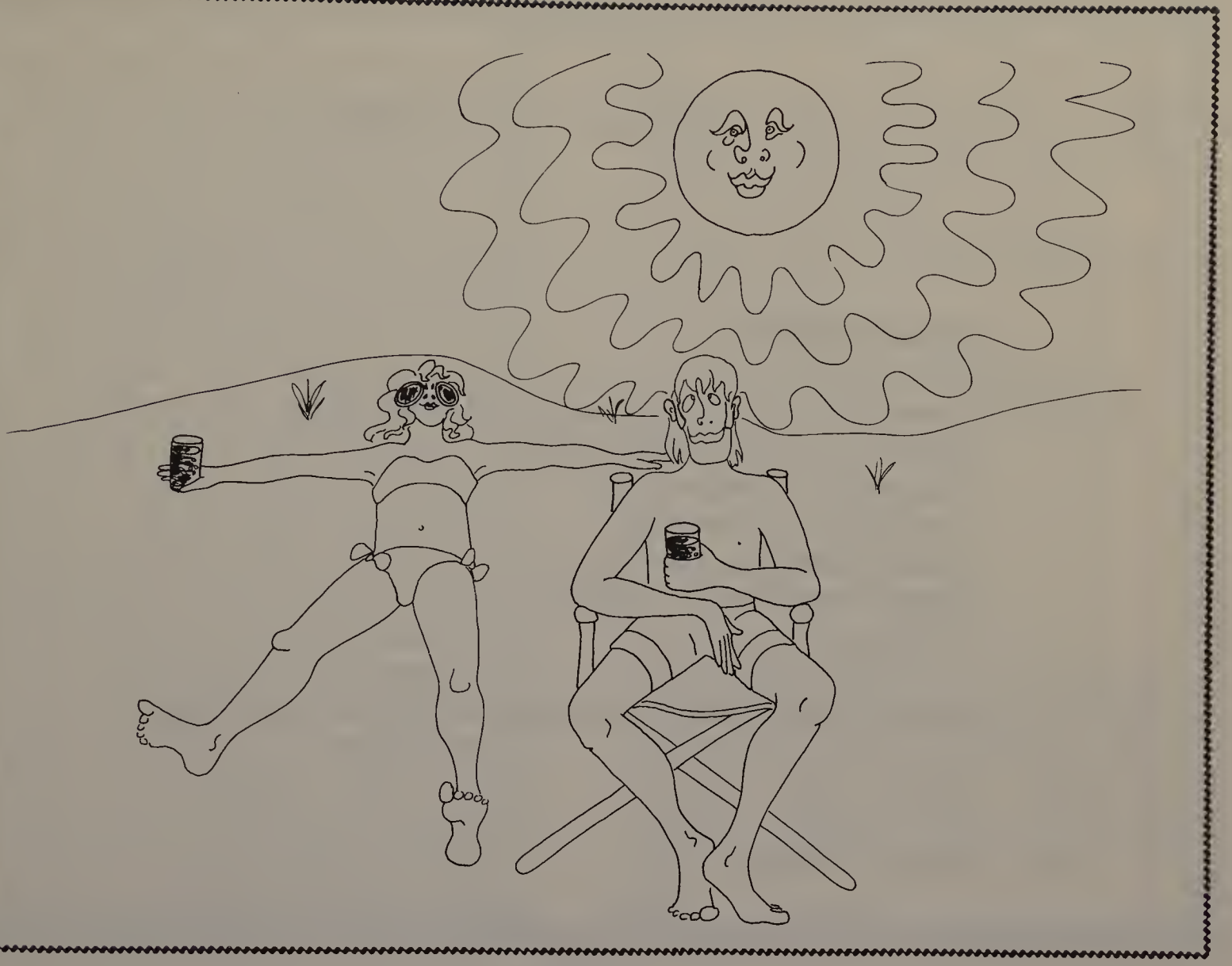
¼ cup grated parmesan cheese

Cook beef and onion until brown. Stir in the next six ingredients and remove from heat. Cook noodles, drain. Meanwhile, combine the next five ingredients and spread half of the noodles in a baking dish and moisten with some of the hamburger sauce. Cover with the cheese mixture and top with the remaining noodles and the rest of the hamburger. Sprinkle the parmesan on the top and bake for 30 minutes at 350 degrees.

CHAPTER 10

BEATING THE HEAT

This is the last chapter in the book and about the only thing the recipes have in common is that they are all good for hot days when you are so sweaty the spoons and spatulas slide right out of your hands. They are for you to fix late at night when you can take off all your clothes and the neighbors can't see you. Then, the next day, you can go to the beach and get real sunburned, then come home and eat up something really cold and good and not even have to turn on a burner.



COLD TOMATOES FOR HOT DAYS:

TOMATO ASPIC

2 small or 1 large package of lemon jello
1 small can of tomato sauce
2 cups of boiling water
1 tablespoon vinegar
1 can of shrimp, drained
2 cups finely diced celery
¼ cup pot

Mix all ingredients and chill until firm or overnight.

GAZPACHO

Gazpacho is a cold Italian soup that you can drink or eat out of a bowl. If you really want to do a number on yourself, you can add a jigger of vodka to each serving and pour over crushed ice and stick a stalk of celery in the glass. If you serve it as a soup, you can throw a handful of garlic- or onion-flavored croutons in it right before you serve it. We like to mix up a batch of this and keep it in the fridge all the time. It is the best thing when you come in all hot and sweltering and hungry but you don't feel like fixing anything. Keep it in a big glass jar with a lid on it (it smells really good, but strong, and it can make your milk taste funny if you leave it uncovered). Be sure to give it a violent shaking before you pour it to mix up the little chunks of cucumber and tomato and to make sure the pot hasn't settled.

2 large tomatoes, peeled
1 large can of V-8 juice or tomato juice
2 cucumbers, peeled
1 clove of garlic, mashed
3 or 4 green onions, chopped
½ cup green pepper
salt and pepper
⅓ cup pot
½ teaspoon tabasco
⅓ cup wine vinegar
⅓ cup olive oil

Mix everything in the blender and chill it for 24 hours. You can chop up more cucumber and tomato and throw them in before serving and you may add another green onion or two.

SAUERKRAUT SALAD

You have a sweet one and a salty one and now here is a tangey one. Don't tell me you don't like sauerkraut if you have only tried it with wieners or Polish sausage. I have a friend in Bellingham (Washington) who, whenever we would stop for for something to eat at the grocery store, would get a can of sauerkraut and eat it COLD right out of the can. Blech! I always got coconuts when they had 'em and threw them down in the parking lot until they broke. I thought he was crazy. He though I was crazy. It just goes to show you that no matter how unappetizing and weird something is, somebody, somewhere is going to eat it and go "hmmmm, this ain't half bad." Anyway, I'm not trying to get you to eat sauerkraut out of the can. Try this salad and you may change your singleminded ideas about kraut. Honest, it doesn't taste a bit like it does under wieners.

1 large can sauerkraut (rinse in cold water and squeeze out real good)
1 cup celery, diced
1 cup onion, diced
1 cup green pepper, diced
1 carrot, grated (this is strictly for color, if you want, you can throw in a little jar of pimentos instead)
½ cup pot

First make a marinade out of 1 cup sugar, ½ cup oil and ½ cup wine vinegar. Toss all the ingredients, making sure you get the pot really mixed in well, then marinate for at least 6 hours, but it is better if left in the oil and vinegar sauce stuff overnight.

24-HOUR FRUIT SALAD

If you are a fruit lover you're gonna love this one: it's cold and sweet and good for you too. During the summer you can get lots of fresh fruits and since this salad is best in the summer, everything works out great. You can go down to the farmer's market or some such place and get baskets of fresh strawberries, big pineapples, melons, grapes or anything you love. I'll just put down a few suggestions for the fruit but you can put in any of your own favorites too.

1 cup pineapple
1 cup Mandarin oranges
1 cup shredded coconut
1 cup strawberries, blueberries, green grapes, bananas, honey dew melon or the fruit of your choice
1 cup small marshmallows
½ cup pot
1-½ to 2 cups sour cream

If you use lots and lots of fruit you may need more sour cream. Just put in enought to make it goopy and moist. Mix everything together and allow to chill for 24 hours.

DEFINITION OF TERMS:

This last little bit is just to make sure we understand each other about some of the terms I've used.

SIMMER -- To simmer you cook something in liquid just below the boiling point or over very low heat.

MARINATE -- This is to let food steep in a piquant sauce prior to cooking. This tenderizes meat and lets the flavor of the sauce soak into vegetables.

EVAPORATED MILK and SWEETENED CONDENSED MILK -- These are not the same stuff! Don't use one in place of the other.

BROWN SUGAR -- Measure tightly packed in the measuring cup.

SIFT -- If I told you to sift the dry ingredients together you should stir up everything in a bowl, then add to the liquids by filling the flour sifter and sifting right into the bowl. You should hold back a little of the flour because sifting adds a lot of air and there might not be enough room for all the flour after you've sifted it all. For this reason it's a good idea to sift the flour before you measure it.

HERBS -- One-third to one-half teaspoon dried herbs equals one tablespoon fresh herbs. Before adding herbs to anything else you should always crumble them to release their flavors.

CREAM -- To cream something (usually shortening and sugar) means to beat them together until they are fluffy. You can do it with a fork.

BACON -- Put bacon slices in a COLD skillet and cook over low heat. Turn slices often and never, never let the fat get hot enough to smoke while the bacon is cooking, as it will make the meat taste burned. If you want the bacon crispy but not overdone, drain the grease off several times while cooking and save it. Eggs are better fried in bacon grease and tortillas taste best when fried in it, too. Try some bacon-in-a-can sometime. It is a little more salty but it is usually leaner and in some places it is cheaper, too.

SAUTE -- This is just frying. You do it hot and fast and not for too long. The idea is to make things like onion and green pepper tender and to seal the juice into the meat. If you are told to saute vegetables you should make sure not to do it for too long: you want them to remain firm and to retain their natural juices and vitamins.

SHORTENING -- This is most easily measured by dropping it into a measuring cup, with, for example, one-half cup cool water. You add shortening until the water mark reads 1 cup, then you have one-half cup of shortening. Easy, huh (pour the water off before adding to the recipe).

PREHEATING THE OVEN -- You should preheat the oven about 10 minutes before placing food in it. Baking times are based on the assumption that the oven is hot right when you put the stuff in.

MASHING GARLIC -- When it says to mash a clove of garlic you should do it with the broad side of a big knife. When you crush it the skin should come away from the meat and you can pick it out. After you get the skin off you should squish it again a couple of times to release all that good, smelly juice. You won't have a vampire coming within a two-mile radius of your house for at least three weeks.

A CLOVE OF GARLIC -- One segment of a bulb of garlic.

AVOCADO -- To pick out a good avocado you should pick it up and squeeze it just a little under light pressure. Don't get it if it is really soft or really hard. If you can't find one that feels ripe to you get one that feels heavy and then let it sit on your window sill for three days or so and it should soften up. You should use stainless steel utensils when cutting avocados because this helps keep them from turning dark. You should squeeze a lemon over the pieces anyway so they don't turn dark before you are ready to serve them. The lemon trick is good for apples and bananas and any other fruit that tends to turn dark when exposed to the air.

HERE ARE SOME SPECIAL PEOPLE WHO WORKED ON PUTTING THIS BOOK TOGETHER. WITHOUT THEIR HELP, IT WOULD NEVER HAVE HAPPENED.

Jessie and Vito (I typeset this myself)

Linda, my sister and most respected critic

Jill, who contributed some of the best recipes in this book

Terry Beatty who did the super cover

Steve and Sun Magic